

Get Inspired *With*

DLB MARKETING CO.



Change Your Space

Inspiration is everywhere but it might not be where you are right now. Get outside, try out the new coffee shop in town, or find a rooftop bar to take in the views. One thing is for sure, if nothing changes, nothing changes.

Move Your Body

It's a biochemistry hack that using your body in a way that you don't normally use it can get you out of that funk you find yourself in. If you're sitting down reading this, stand up! Do some jumping jacks. Go for a walk. Take a bath. Do something that isn't your normal go-to thing to do!

Go Play!

Play is ESSENTIAL to creativity. We like to say that it fuels creativity. When is that last time you played the claw machine leaving a big box store? Brush off your mini golf skills. Dig your paint brushes and canvas out with no purpose but to play.

Getting inspired doesn't have to be huge and monumental. The smallest moments in life can hold new inspiration. The key is to look for them.

Tag #dlbmarketingco
in your adventures
back to your inspired
self!

Prompts

I feel most inspired when...

(Ideas: my desk is clear, i have a fun drink in hand, I'm on vacation)

The last time I played just to play was...

If I had 3 hours to myself to do whatever I wanted I would...

My perfect morning would look like this...

If I could work on/design whatever I wanted, I would...